

**Isleta Behavioral Health Services:
PREVENTION PROGRAM**

BEGINNING:

AUGUST 29, 4:30 p.m.

IBHS Prevention Youth Group

Youth Group Basics

Based on the New Mexico Youth Risk & Resiliency Survey (YSSR), the Young Leaders Youth Krew (Y.L.Y.K.) Youth Group Prevention Program aims to reduce risk factors and increase protective factors in at-risk Native American Youth ages 8-17. In order to prevent, reduce or delay the onset of alcohol and other substances use and abuse. Through *experiential education*, prevention staff engages with youth in direct experience and focused reflection to increase knowledge, develop skills and clarify values. The Prevention Program aims at promoting Positive Youth Development, through Positive Experiences, Positive Relationships and Positive Environments. The Y.L.Y.K works currently with 3rd-12th graders in:

- 2 hours of after school programming, two days a week (Monday & Wednesday, including early release days)
- Some weekend trips, service learning projects, and more
- Summer programming, summer camping/rafting, experiential activities,
- Leadership Activities, Prevention Presentations, Discussions, Etc.

Our Program Includes:

The Y.L.Y.K. Program engages youth in activities in several different components:

- Youth Leadership Development
- Positive Youth Development
- Life Skills Development
- Bullying Prevention
- Foster Protective Factors
- Prevention Presentation/Discussions, Drugs & Alcohol
- Foster Education Goals, Personal Goal Development
- Promoting Positive Relationships
- Hands-on cooperative activities and games
- Service Learning Projects
- Family involvement
- Department Collaboration
- Cultural Programs

Our Program ALSO Includes:

- Support Services (offering youth with resources, service providers)
- Leadership Opportunities
- Peer Mentorship Opportunities
- Wilderness/Outdoor Activities
- Transportation to and from home
- Case Management (Educational Goals, Career Goals, One on One Sessions etc)

Prevention Staff:

Experiential Educator,
MSPI Project Coordinator
Kory Kie
kkie@islclinic.net

Experiential Educator/
Clinical Therapist,
Santana Titla
stitle@islclinic.net

IBHS Clinical Staff, also
available for Prevention
Activities

IBHS Prevention Program
is funded by IHS-Grants:
MSPI, Methamphetamine
and Suicide Prevention
Initiative

Annual Prevention Events

- Community Garden
- Community Awareness Summit
- Youth Summit
- Red Ribbon Relay Run, Drug and Alcohol Awareness
- Rock Your Mocs, Fun Run/Walk
- Light the Path Memorial Walk



**Isleta Behavioral Health
Services**

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Please do not hesitate to contact us with any questions at 505.869.5475 or email (at the listed above).